

Caregiver Stress Warning Signs

The Leeza Gibbons Memory Foundation – www.leezasplace.org

The first step in dealing with caregiver stress is to recognize the signs. Common signs that stress may be affecting your health include:

PHYSICAL SIGNS

- Disturbed sleep
- Back, shoulder or neck pain, muscle tension
- Headaches
- Stomach/digestive problems (upset or acid stomach, cramps, heartburn, gas, irritable bowel syndrome, constipation, diarrhea)
- Loss of hair
- High blood pressure, irregular heart beat, palpitations
- Weight fluctuation (gain or loss)
- Chest pain
- Fatigue
- Perspiration
- Skin disorders (hives, eczema, psoriasis, tics, itching)
- Periodontal disease, jaw pain
- Reproductive problems/infertility
- Weak immune system suppression: more colds, flu, infections
- Sexual dysfunction, lack of libido

EMOTIONAL SIGNS

- Anxiety
- Depression
- Moodiness/mood swings
- Butterflies
- Feeling out of control
- Irritability, easily frustrated, road rage
- Memory problems and lack of concentration
- Increased substance abuse
- Phobias
- Argumentative
- Feeling of isolation
- Job dissatisfaction

FOR MORE INFORMATION

Please visit

www.leezasplace.org

and to take a Caregiver Stress Assessment, please visit

www.caregiverstress.com



Caregiver Resources

FAMILY
CAREGIVER
SUPPORT NETWORK

(414) 220-8600

www.living-options.org
www.caregiversupportnetwork.org
www.interfaithmilw.org

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